Abstract: Background: Angina is one of the most common diseases in the world that lead to changes in patients, lifestyle and quality of their life. This disease is the major health problem with numerous complications. This issue shows the importance of social protection and public education. QOL is one of the dynamic aspect of life and indication of quality of health care. So it has been noticed in community health nursing. Functional, physical, emotional and psychological improvement is the main topic in community health nursing. One of the common roles of nurses is patients training to apply guidelines in order to enhance their well-being and lifestyle. Self-care education in the field of diet, exercise and environmental stresses reduction, can prevent from diminish of quality of life. Considering the growing importance of secondary prevention in chronic disease, the aim of this study is to assess the effect of self-care education on QOL in patients with angina.

Materials and methods: This quasi-experimental study accomplished by 35 patients. Instrument was SAQ Questionnaire (specific instrument for QOL in angina). Self-care education was performed by educational pamphlet including important points of care in angina. Questionnaires were completed by samples before and two months after training. Data were analyzed using SPSS software.

Result: there was significant difference between the QOL of Patients before and after education (P<0.05). Assessing the relationship between demographic variables and QOL changes, only age and angina pain frequency per months had significant relationship with QOL changes and QOL was higher in those with lower age and less angina pain frequency.

DISCUSSION: Improving health through preventive measures and educations for providing well-being in chronic and disabling diseases is a basic function. Professional nurses address the life style of their clients to improve their physical, mental, emotional, and social health through different manners such as education.